POND AN ALMANACK for the year of our LORD GOD 1670.

Being the second after Leap-year, and from the worlds Creation at the Spring 5673 compleat.

Amplified with many good things both for pleasure and profit: and fitted for the Meridian of *Saffron-Walden* in *Essex*, where the Pole is elevated 52 degrees and 6 minutes above the Horizon.

Whereunto are added the several Fairs held in *England* each moneth this year.

Omnia cum vireant, tunc est nova temporis ætas:
Sic Annus per Ver incipiendus erit.

CAMBRIDGE:
Printed by *John Hayes* Printer to the *Universitie* 1670.

THe Golden Number this year is	18
The Cycle of the Sun is	27
The Dominical Letter	B
The Epact	18
Shrove-ſunday February the	13
Eaſter-day April the	3
Whitſunday May the	22
Advent-ſunday November	27

How the Moveable Feaſts are found readily.

SEek the Change of the Moon in *February* for that year ye deſire to know the Moveable Feaſts. Then note what day it falleth on, the next Tueſday is Shrove-Tueſday; but if the Change be on a Tueſday, then the next Tueſday enſuing is it. The Sunday after is the firſt Sunday in Lent. Six Sundays after that, is Eaſter day. Add 35 days or 5 weeks to Eaſter day, and ye have Rogation-ſunday. To that add four days, ſo ye have Aſcenſion day: then have ye ten days to Whitſunday. And ſeven days after is Trinity-ſunday. And as for Advent-ſunday, it is always the neareſt Sunday to the Feaſt of *S. Andrew*, whether before or after.

Times prohibiting and allowing Marriage.

MArriage comes in on the 13 of *January*, and by *Septuageſima* it is out again until Low-ſunday; at which time it comes in again, and goes no more out till Rogation-ſunday: from whence it is forbidden again until Trinity-ſunday; and from thence it is unforbidden till Advent-ſunday. But then it is out, and comes not in again until S. *Hilary* which is on the 13 day of *January* next after.

Last quarter the 4 day, 27 min. past 9 in the morn.
New Moon the 11 day, 38 min. past 1 after noon.
First quart. 18 day, 13 min. past 5 in the morn.
Full Moon the 25 day, 47 min. past 8 at night.

						Sun rising.		Sun setting.	
1	a	Circ. of Chr.	Virg.	20	8	4	3		56
2	b	1 after Chr.	Libra	2	8	3	3		57
3	c	Octab. John		13	8	2	3		58
4	d	Octab. Innoc.		26	8	0	4		0
5	e	Simeon.	Scorp.	8	7	59	4		1
6	f	Epiphany		20	7	58	4		2
7	g	Julianus.	Sagit.	4	7	57	4		3
8	a	Lucian mart.		17	7	55	4		5
9	b	1 aft. Epiph.	Capr.	1	7	54	4		6
10	c	Sun in Aquar		16	7	52	4		8
11	d	Higinus	Aquar.	1	7	51	4		9
12	e	Archadius.		16	7	50	4		10
13	f	Hilary bish.	Pisces	1	7	48	4		12
14	g	Felix		16	7	47	4		13
15	a	Mauritius	Aries	0	7	46	4		14
16	b	2 after Epiph.		14	7	45	4		15
17	c	Anthony		28	7	43	4		17
18	d	Prisca mart.	Taur.	12	7	42	4		18
19	e	Wolstan bish.		26	7	40	4		20
20	f	Octab. Hilar.	Gem.	9	7	38	4		22
21	g	Agnes		21	7	36	4		24
22	a	Vincent	Canc.	4	7	34	4		26
23	b	3 aft. Epiph.		16	7	32	4		28
24	c	Term begins.		29	7	30	4		30
25	d	Conv. of Paul	Leo	11	7	28	4		32
26	e	Polycarpus		23	7	26	4		34
27	f	Quind. Hilar.	Virg.	5	7	24	4		36
28	g	Agnes secun.		16	7	22	4		38
29	a	Valerius bis.		28	7	20	4		40
30	b	Septuagesim.	Libr.	10	K. Char. M.		4		42
31	c	Saturnine		22	7	16	4		44

Black Pepper beaten groſs you good ſhall find,
If cold your ſtomach be, or full of wind.
White Pepper helps the Cough and flem it riddeth;
The Agues fit to come it oft forbiddeth.

January 1670.

1 △ ☉ ☾
2 Cold wind,
3 ſome ſnow
4 with △ ♄ ☾
5 freezing
6 air.
7 ☌ ☉ ♂
8 Rain or ſnow.
9 ♂ ♃ ☾
10 ♂ ☿ ☾
11 ♂ ☉ ☾
12 Froſt and ſnow.
13
14 Rain or ſnow.
15 Fair and clear.
16
17 Windy.
18 ✶ ♃ ☾
19 ✶ ♀ ☾
20 Very windy
21 and cold.
22 Fair and good.
23
24 Wind with
25 ſnow, rain or
26 hail.
27 Milder air.
28
29 ✶ ♂ ☾
30
31 Some Storms.

February hath xxviii days.

Laſt quarter the 3 day, 3 min. paſt 3 in the morning.
New Moon the 9 day, 58 min. paſt 11 at night.
Firſt quarter the 16 day, 5 min. paſt 5 at night.
Full Moon the 24 day, 43 min paſt 5 at night.

1	d	Ewidget Faſt.	Scorp.	4	7	
2	e	Purif. of Mary		17	7	
3	f	Craſt. Purif.		29	7	
4	g	Veronica.	Sag.	12	7	
5	a	Agathe virg.		26	7	
6	b	Sexageſima	Capr.	10	7	
7	c	Angulus		24	7	
8	d	Sun in Piſces	Aquar.	9	7	
9	e	Octab. Purif.		24	6	
10	f	Scholaſtica	Piſces	9	6	
11	g	Euphroſina		24	6	
12	a	Term ends	Aries	9	6	
13	b	Shrove-tund		24	6	
14	c	Valentine	Taur.	8	6	
15	d	Fauſtine		22	6	
16	e	Aſhwedneſd.	Gem.	5	6	
17	f	Conſtant		18	6	
18	g	Concordia	Canc.	1	6	
19	a	Sabine		13	6	
20	b	Quadrageſima		26	6	
21	c	69 Martyrs	Leo	8	6	
22	d	Cath. Pet.		20	6	
23	e	Emb. W. Faſt	Virg.	1	6	
24	f	Matthias Ap.		13	6	
25	g	Conſtance b.		25	6	
26	a	Alexander b.	Libra	7	6	
27	b	Ordination		19	6	
28	c	Oſwald biſh.	Scorp.	1	6	

Sun-riſing.		Sun-ſetting.	
14	4		46
12	4		48
10	4		50
8	4		52
6	4		54
4	4		56
2	4		58
0	5		0
58	5		2
56	5		4
54	5		6
51	5		9
49	5		11
47	5		13
45	5		15
43	5		17
41	5		19
39	5		21
37	5		23
35	5		25
33	5		27
31	5		29
29	5		31
28	5		32
26	5		34
24	5		36
22	5		38
20	5		40

The Liver, Spodium; Mace, the heart delights;
The Brain likes Musk, and Licoras the Lights;
The Spleen is thought much comforted with Capers;
In Stomach, Gallingale allays ill vapours.

February 1670.

1 △ ♃ ☾ Dry
2 wind.
3 Snow or rain.
4
5 Froſt and ſnow
6 or rain.
7
8 ✶ ♂ ☾
9 Snow or
10 rain.
11 Rain-like.
12 △ ♂ ☾
13 Moiſt, but warm
14 for the time.
15
16 ☌ ♂ ♄
17 ✶ ♀ ☾
18 Wind and wet.
19 △ ☉ ☾
20 Variable.
21 △ ♂ ☾
22
23 Cold air.
24 Cloudy cool with
25 hail.
26 High winds,
27 raiſing
28 Showers.

March hath xxxi days.

Laſt quarter the 4 day, 4 min. paſt 5 after noon.
New Moon the 11 day, 20 min. paſt 9 in the morning.
Firſt quarter the 18 day, 5 min. paſt 7 in the morning.
Full Moon the 26 day, 10 min. paſt 11 before noon.

							Sun riſing.		Sun ſetting.	
1	d	David biſh.	Scorp.	13	6		18	5		42
2	e	Chad biſh.		26	6		16	5		44
3	f	Eutropius.	Sagit.	8	6		14	5		46
4	g	Adrian		21	6		12	5		48
5	a	Euſebius	Capr.	4	6		10	5		50
6	b	3 ſun. in Lent.		18	6		8	5		52
7	c	Perpetua	Aquar.	3	6		6	5		54
8	d	Mauritan		17	6		4	5		56
9	e	Agapite	Piſces	2	6		2	5		58
10	f	Sun in Aries		17	6		0	6		0
11	g	Cuthbert	Aries	2	5		58	6		2
12	a	S. Gregory		17	5		56	6		4
13	b	Midlent ſund.	Taur.	2	5		54	6		6
14	c	Candid mar.		17	5		52	6		8
15	d	Longinus	Gem.	1	5		50	6		10
16	e	Cyriacus		14	5		48	6		12
17	f	Gertrude.		27	5		46	6		14
18	g	Gabriel	Canc.	10	5		44	6		16
19	a	Joſeph		22	5		42	6		18
20	b	5 ſun in Lent.	Leo	5	5		40	6		20
21	c	Benedict		16	5		38	6		22
22	d	Aphrodiſius		28	5		36	6		24
23	e	Theodore	Virg.	10	5		34	6		26
24	f	Nutrin. Faſt.		22	5		32	6		28
25	g	Annun. Mary	Libra	4	5		30	6		30
26	a	Caſtulus		16	5		28	6		32
27	b	Palm ſunday		28	5		26	6		34
28	c	Dorothy vir.	Scorp.	10	5		24	6		36
29	d	Euſtach.		23	5		22	6		38
30	e	Guido	Sagit.	5	5		20	6		40
31	f	Balbina		18	5		18	6		42

Againſt the Cholick, Nettle-ſeed and honey
Is Phyſick: better none is had for money.
It breedeth ſleep, ſtays vomits, phlegms doth ſoften;
It helps him of the Gout that eats it often.

March 1670.

1 Wind.
2 Cloudy and
3 cool.
4 Some ſtorms.
5 Wind.
6
7 Rain-like.
8 Windy.
9 Cloudy, cool.
10 ☌ ♂ ☾
11 Moiſt wind.
12 △ ♂ ☾
13 Fair and tempe-
14 rate.
15 □ ♄ ☾
16 Very windy
17 weather.
18 Fair and
19 good.
20 □ ♀ ☾
21 Good
22 weather.
23 △ ♀ ☾
24 Wind and
25 clouds.
26 ☌ ☉ ☾
27 △ ♄ ☾
28 Rain ☌ ♀ ☾
29 or △ ☿ ☾
30 clouds.
31 □ ☿ ☾

April hath xxx days.

Last quarter the 3 day. 53 min. past 2 in the morning
New moon the 9 day. 9 min. past 6 at night.
First quarter the 16 day, 58 min. past 10 at night.
Full Moon the 25 day, 15 min. past 2 in the morn.

						Sun rising.		Sun setting.	
1	g	Good Friday.	Capr.	1	5	13	6		45
2	a	Mar. Eg Fast		15	5	11	6		47
3	b	Easter day		28	5	9	6		49
4	c	Ambrose bis.	Aqua.	12	5	7	6		51
5	d	Vincentius		26	5	5	6		53
6	e	Sixtus bish.	Pisces	11	5	3	6		55
7	f	Celestinus		26	5	1	6		57
8	g	Egesippus	Aries	11	5	59	6		59
9	a	Perpet. bis.		26	5	57	7		1
10	b	Low-sunday	Taur.	10	4	55	7	□	3
11	c	Leo pap.		25	4	53	7		5
12	d	Julius	Gem.	9	4	51	7	△	7
13	e	Justinus		23	4	49	7		9
14	f	Tiburtius	Cane.	6	4	47	7		11
15	g	Olympia		19	4	45	7	□	13
16	a	Isidor bish.	Leo	1	4	44	7		15
17	b	2 after Eas.		13	4	42	7		16
18	c	Quind. Pasch.		25	4	40	7		18
19	d	Sulpitius	Virg.	7	4	38	7		20
20	e	Term begins		19	4	37	7	□	22
21	f	Simeon Ep.	Libra	0	4	35	7		23
22	g	Sother vir.		12	4	33	7		25
23	a	GEORGE m.		25	4	32	7	△	27
24	b	3 after Easter	Scorp.	7	4	30	7		28
25	c	Mark Evang.		19	4	29	7		30
26	d	Cletus bish.	Sagit.	2	4	27	7		31
27	e	Anastatius		15	4	25	7	△	33
28	f	Vitalis		28	4	24	7		35
29	g	Sybilla	Capr.	12	4	22	7	△	36
30	a	Erken. Fast.		25	4	23	7		38

Let them that unto choler much incline,
Drink Penny-royal steeped in their wine.
And some affirm that they have found by trial,
That Gout's great pain is eas'd by Penny-royal.

April 1670.

1 The weath. not
2 like to be much
3 amiss this
4 Easter.
5
6 △ ♃ ☾
7 Very windy.
8 and fair.
9 Rain.
10 ✶ ♃ ☾
11 Storms of hail
12 or rain.
13 Indifferent.
14 Cold and
15 windy.
16 Some rain.
17 Fine and very
18 pleasant
19 weather these
20 days.
21
22 □ ♃ ☾
23 Cold rain.
24 Milder.
25 Wind and
26 Showers
27 Some wind.
28 Clouds.
29 Temperate.
30 Scarce fair.

Last quarter the 2 day, 55 min. past 9 before noon.
New Moon the 9 day, 8 min. past 3 in the morning
First quarter the 16 day, 5 min. past 4 after noon.
Full Moon the 24 day, at 3 a clock after noon.
Last quarter the 31 day, min. past 3 after noon.

						Sun rising.		Sun setting.	
1	♍	Phil. & Jam.	Aquar.	9	4	21	7		39
2	c	Ment. Palch.		23	4	19	7		41
3	d	Invent. cruc.	Piſces	7	4	17	7		43
4	e	Floxianus		21	4	16	7		44
5	f	Gothard	Aries	5	4	14	7		46
6	g	John Port. L.		20	4	13	7		47
7	a	John of Bev.	Taur.	4	4	11	7		49
8	♍	Rogation ſun.		19	4	9	7		51
9	c	Quinq Palch.	Gem.	3	4	7	7		53
10	d	Pancrace		17	4	6	7		54
11	e	Sun in Gem.	Cane.	1	4	5	7		55
12	f	Aſcenſion day		14	4	4	7		56
13	g	Craſt. Aſcen.		27	4	3	7		57
14	a	Fortunatus	Leo	9	4	2	7		58
15	♍	6 ſun. af. Faſt.		21	4	0	7		0
16	c	Term ends.	Virgo	3	3	59	8		1
17	d	Jobocus		15	3	58	8		2
18	e	Potentius		27	3	57	8		3
19	f	Dunſtan.	Libra	9	3	56	8		4
20	g	Anaſtatius		21	3	55	8		5
21	a	Herbul. Faſt.	Scorp.	3	3	54	8		6
22	♍	Whitſunday		15	3	53	8		7
23	c	Deuderius		28	3	52	8		8
24	d	Hert. Mart.	Sagit.	11	3	51	8		9
25	e	Ember week		24	3	50	8		10
26	f	Auguſtine	Capr.	8	3	49	8		11
27	g	Bede		22	3	48	8		12
28	a	Germ. biſh.	Aquar.	5	3	47	8		13
29	♍	Trinity ſund.	Ordinat.		K. Charles			return.	
30	c	Craſt. Trin.	Piſces	3	3	46	8		14
31	d	Petronella		18	3	46	8		14

In great Conſumptions learn'd Phyſicians think,
'Tis good a Goat or Camels milk to drink;
Cows-milk and Sheeps do well, but yet an Aſſes
Is beſt of all, and all the other paſſes.

May 1670.

1 The firſt and
2 fourth days
3 look for wind.
4
5 Warm weather.
6 Scarce fair.
7 Hail-like.
8 Some wind.
9 Cloudy and
10 cold air.
11 Hotter weather.
12 Fair and good.
13
14 Wind and thun-
15 der.
16 △ ♂ ☾
17 Pleaſant.
18 Obſcure.
19 Thunder-like.
20 Fair and good.
21 Rain-like.
22 A pleaſant ſeaſon
23 this Whitſuntide
24 till about
25 the 30 and 31
26 days.
27
28
29
30 Storms
31 now.

June hath xxx days.

New Moon the 7 day, 6 min. past noon.
First quarter the 15 day, 34 min. past 9 in the morn.
Full Moon the 23 day, 23 min. past 1 in the morn.
Last quart. the 29 day, 56 min. past. 7 at night.

						Sun rising.		Sun setting.	
1	e	Nichomede	Aries	1	3	46	8		14
2	f	Marcellinus		16	3	46	8		14
3	g	Term begins	Taur.	0	3	45	8		15
4	a	Petroctus		14	3	45	8		15
5	♋	1 after Trin.		28	3	44	8		16
6	c	Octab. Trin.	Gem.	12	3	44	8		16
7	d	Wolstan		26	3	44	8		16
8	e	Medard	Canc.	9	3	43	8		17
9	f	Pelagia.		22	3	43	8		17
10	g	Onoph.	Leo	4	3	43	8		17
11	a	S. Barnabas		17	3	43	8		17
12	♋	2 after Trin.		29	3	43	8		17
13	c	Quind. Trin.	Virg.	11	3	43	8		17
14	d	Basil bish.		23	3	43	8		17
15	e	Valerius	Libra	5	3	43	8		17
16	f	Rowland		16	3	44	8		16
17	g	Botolph.		28	3	44	8		16
18	a	Marcus	Scorp.	11	3	44	8		16
19	♋	3 after Trin.		23	3	45	8		15
20	c	Tres Trin.	Sagit.	6	3	45	8		15
21	d	Walburg		19	3	45	8		15
22	e	Term ends	Capr.	3	3	46	8		14
23	f	Ethelb. Fast		17	3	46	8		14
24	g	John Baptist	Aquar.	1	3	46	8		14
25	a	Loy bish. tr.		15	3	47	8		13
26	♋	4 aft. Trin.	Pisces	0	3	47	8		13
27	c	Crescens m.		14	3	48	8		12
28	d	Leo bish. Fast		28	3	49	8		11
29	e	Peter Apost.	Aries	12	3	50	8		10
30	f	Com. of Paul		26	3	51	8		9

Rew is a noble herb to give it right;
To chew it fasting, it will purge the sight.
One quality thereof yet blame I must,
It makes Men chast, and women fills with lust.

June 1670.

1 □ ♂ ☾
2 Moist mixed wea-
3 ther.
4 Temperate
5 weather.
6 Cloudy and
7 windy air.
8
9 Wind or rain.
10
11 Hot and thunder.
12
13 Cloudy.
14 Fair and hot
15 weather.
16 □ ♃ ☾
17 ✶ ♂ ☾
18 △ ♄ ☾
19 Stormy
20 weather.
21
22 Thunder and rain
23 Fair and good
24 weather.
25
26 Rain.
27 △ ☉ ☾
28 Fair and hot
29 △ ☿ ☾
30 weather.

New Moon the 7 day, 25 min. before 1 in the morn.
First quarter the 15 day, 25 min. past 2 in the morn.
Full Moon the 22 day, 18 min. past 10 in the morning.
Last quarter the 29 day, 41 min. past 1 in the morn.

					Sunrising.		Sun setting.	
1	g	Theobald	Taur. 10	3	53	8		7
2	a	Visit. of Mary	24	3	54	8		6
3	♋	5 after Trin.	Gem. 8	3	55	8		5
4	c	Martin tran.	21	3	56	8		4
5	d	Anselme	Canc. 4	3	57	8		3
6	e	Hector	17	3	58	8		2
7	f	Becket	Leo 0	3	59	8		1
8	g	Thilianus	13	4	0	8		0
9	a	Cyril bish.	25	4	1	7		59
10	♌	6 after Trin.	Virg. 7	4	3	7		57
11	c	Pius	19	4	4	7		56
12	d	Henricus	Libra 1	4	5	7		55
13	e	Sun in Leo	13	4	7	7		53
14	f	Bonavent.	24	4	8	7		52
15	g	S. Swithin.	Scorp. 6	4	10	7		50
16	a	Osmond	19	4	11	7		49
17	♍	7 after Trin.	Sagit. 1	4	13	7		47
18	c	Regina.	14	4	15	7		45
19	d	Dog days beg.	27	4	17	7		43
20	e	Margaret	Capr. 11	4	19	7		41
21	f	Arbogastus	25	4	21	7		39
22	g	Mary Magd	Aquar. 10	4	22	7		38
23	a	Apollin. Fast	24	4	24	7		36
24	♎	8 aft. Trin.	Pisces 9	4	26	7		34
25	c	James Apost.	24	4	27	7		33
26	d	S. Anne	Aries 9	4	29	7		31
27	e	Martha	23	4	30	7		30
28	f	Panthaleon.	Taur. 7	4	32	7		28
29	g	Beatrice	21	4	33	7		27
30	a	Abdon	Gem. 4	4	35	7		25
31	♏	9 aft. Trin.	18	4	37	7		23

She that hath hap a husband bad to bury,
And is therefore in heart not ſad but merry,
Yet if in ſhew good manners ſhe will keep,
Onions and Muſtard-ſeed will make her weep.

July 1670.

1 ✶ ♄ ☾
2 Turbulent
3 weather.
4 Cool & moiſt.
5 △ ♄ ☾
6 Hot fine fair
7 weather for
8 many days.
9 Cloudy.
10
11 □ ♂ ☾
12 ✶ ♃ ☾
13 △ ♀ ☾
14 Hot and dry
15 wind.
16
17 Hot weather
18 ſtill.
19 ☌ ♂ ♀ Some
20 thund. ſtorms.
21 Hot and
22 windy.
23 Very good
24 weather for
25 many days.
26
27 □ ☿ ☾
28 ✶ ♀ ☾
29 □ ☉ ☾
30 Moiſt air.
31 Hot Weather.

August hath xxxi days.

New Moon the 5 day, 8 min. past 2 after noon.
First quarter the 13 day, 6 min. past 6 after noon.
Full Moon the 20 day, 23 min. past 6 after noon.
Last quarter the 27 day, 45 min. past 9 before noon.

							Sun rising.		Sun setting.	
1	f	Lammas day	Canc.	1	4		39	7		21
2	g	Stephanus		14	4		41	7		19
3	a	Dominicus		26	4		43	7		17
4	b	Aristarchus	Leo	9	4		44	7		16
5	c	Oswald		21	4		46	7		14
6	d	Transfigur.	Virgo	3	4		48	7		12
7	e	10 after Trin.		15	4		49	7		11
8	f	Syriacus		27	4		51	7		9
9	g	Romanus	Libra	9	4		53	7		7
10	a	S. Laurens.		21	4		55	7		5
11	b	Tiburtius	Scorp.	3	4		57	7		3
12	c	Clare		15	4		59	7		1
13	d	Sun in Virgo		27	5		0	7		0
14	e	11 after Trin.	Sagit.	9	5		2	6		58
15	f	Assum. of M.		22	5		4	6		56
16	g	Roch	Capr.	5	5		6	6		54
17	a	Mammes		19	5		8	6		52
18	b	Helena	Aquar.	3	5		10	6		50
19	c	Sebaldus		18	5		12	6		48
20	d	Lenes bish.	Pisces	3	5		14	6		46
21	e	12 after Trin.		18	5		16	6		44
22	f	Symphio.	Aries	3	5		17	6		43
23	g	Zacheus Fast		18	5		19	6		41
24	a	Barthol. Apo.	Taur.	3	5		21	6		39
25	b	Ludovicus		17	5		23	6		37
26	c	Irenens.	Gem.	1	5		25	6		35
27	d	Dog days end		15	5		27	6		33
28	e	13 aft. Trin.		28	5		29	6		31
29	f	Decol. J. B.	Canc.	11	5		30	6		30
30	g	Felix presb.		23	5		32	6		28
31	a	Paulinus	Leo	6	5		34	6		26

All water and ſmall Beer we make no queſtion:
Are enemies to health and good digeſtion:
And Horace in a verſe of his rehearſes,
That Water-drinkers never made good verſes.

Auguſt 1670.

1 Hot with rain at
2 night.
3 Windy, but hot
4 weather.
5 △ ♂ ☾
6 Cloudy.
7 Weſt wind.
8 Fair and good.
9
10 Thunder or great
11 heat.
12 △ ♀
13 □ ☉ ☾
14 Fair and good
15
16 Thunder-like.
17 Over-caſt and
18 ſultry air.
19 SS ♀ ☿
20 Cloudy, ſcarce
21 fair.
22 Windy, cool and
23 cloudy.
24 Cold dew.
25 △ ☉ ☾
26 ✶ ♀ ☾
27 ♂ ♃ ♀
28 High winds rai-
29 ſing wet.
30 ✶ ♀ ☾
31 Windy ſtorms.

September hath xxx days.

New Moon the 4 day, 54 min. past 5 in the morning
Firſt quarter the 12 day, 4 min. past 8 in the morning
Full Moon the 19 day, 38 min. past 2 in the morning
Laſt quart. the 25 day, 2 min. past 9 at night.

							Sun riſing.			Sun ſetting.	
1	f	Giles abbot	Leo	18	5			36	6		24
2	g	Veronica	Virg.	0	5			38	6		22
3	a	Serapia		12	5			40	6		20
4	b	14 aft. Trin.		24	5			42	6		18
5	c	Bertine abb.	Libra	6	5			44	6		16
6	d	Magnus		18	5			46	5		14
7	e	Eunuchus	Scorp.	0	5			48	6		12
8	f	Nat. of Mary		12	5			50	6		10
9	g	Gorgonius		24	5			52	6		8
10	a	Sylvius bif.	Sagi.	6	5			54	6		6
11	b	15 aft. Trin.		18	5			56	6		4
12	c	Martinian	Capr.	1	5			58	6		2
13	d	Sun in Libra		14	6			0	6		0
14	e	Holy Croſs		28	6			2	5		58
15	f	Nicomedes	Aquar.	12	6			4	5		56
16	g	Euphemia		26	6			6	5		54
17	a	Lambert.	Piſces	11	6			8	5		52
18	b	16 aft. Trin.		26	6			11	5		49
19	c	Januarius	Aries	12	6			13	5		47
20	d	Emb. W. Faſt		27	6			15	5		45
21	e	Matthew Ap.	Taur.	12	6			17	5		43
22	f	Mauritius		26	6			20	5		40
23	g	Eſdras	Gem.	10	6			22	5		38
24	a	Samuel		24	6			24	5		36
25	b	Ordination	Canc.	7	6			26	5		34
26	c	St. Cyprian		20	6			28	5		32
27	d	Coſm. Dam.	Leo	3	6			30	5		30
28	e	Exuperius		15	6			32	5		28
29	f	Michael Arc.		27	6			34	5		26
30	g	S. Hierome	Virgo	9	6			36	5		24

If any Brain, be good, (which is a queſtion)
Hens brain is beſt and lighteſt of digeſtion.
The Lights are light, yet but in ſmall requeſt;
The heart is hard and heavy to digeſt.

September 1670.

1 Td ☉ ♂ Warm
2 weather.
3 △ ♂ ☾
4 Weſt wind.
5 □ ♂ ☾ warm
6 weather ſtill for
7 many days.
8
9 ✱ ☉ ☾
10 Fair windy
11 weather.
12 ✱ ♄ ☾
13 Warm ſouth
14 wind.
15 Fair and good.
16 Rain and
17 clouds.
18 Temperate.
19 Wind and
20 clouds.
21 △ ♂ ☾ Good
22 weather.
23 Showers.
24 △ ☿ ☾
25 ✱ ♀ ☾ Fair
26 and windy wea-
27 ther.
28 Fair and good
29 ſtill.
30 Rain-like.

October hath xxxi days.

New Moon the 3 day, 14 min. past 11 before noon.
First quarter the 11 day, about 8 at night.
Full Moon the 18 day, 48 min. past 11 before noon.
Last quarter the 25 day, 16 min. past noon.

						Sun rising		Sun setting	
1	a	Remigius	Virg.	21	6	39	5		21
2	b	18 after Trin.	Libra	3	6	41	5		19
3	c	Candidus		15	6	43	5		17
4	d	Francis		27	6	45	5		15
5	e	Apoline	Scorp.	9	6	47	5		13
6	f	Faith virg.		21	6	49	5		11
7	g	Marcellus	Sagit.	3	6	50	5		10
8	a	Pelagia		15	6	51	5		9
9	b	19 after Trin.		28	6	54	5		6
10	c	Gereon	Capr.	11	6	56	5		4
11	d	Nicasius		24	6	58	5		2
12	e	Wilfred bish.	Aquar.	7	7	0	5		0
13	f	Sun in Scorp.		21	7	2	4		58
14	g	Calixtus	Pisces	5	7	4	4		56
15	a	Hedewig		20	7	6	4		54
16	b	20 after Trin.	Aries	5	7	8	4		52
17	c	Florentius		20	7	9	4		51
18	d	Luke Evang.	Taur.	5	7	10	4		50
19	e	Ptolome		20	7	12	4		48
20	f	Tres Mich.	Gem.	5	7	14	4		46
21	g	Ursula		19	7	15	4		45
22	a	Cordula	Canc.	3	7	17	4		43
23	b	21 after Trin.		16	7	19	4		41
24	c	Term begins		29	7	20	4		40
25	d	Crispinus	Leo	12	7	22	4		38
26	e	Amandus		24	7	24	4		36
27	f	Mens. Mi. Fast	Virg.	5	7	25	4		35
28	g	Sim. and Jud.		18	7	27	4		33
29	a	Narcissus	Libra	0	7	29	4		31
30	b	22 aft. Trin.		11	7	30	4		30
31	c	Quintin. Fast		23	7	32	4		28

Take Saffron if your heart make glad you will;
But not too much, for that the heart may kill.
And think it good advice, not idle talk,
That after Supper bids thee rise and walk.

October 1670.

1 Temperate
2 weather.
3 Great
4 Winds
5 this week.
6 ✱ ♀ ☾
7 Cloudy air.
8 Rain.
9 Fairer weather
10 follows.
11
12 △ ♀ ☾
13 Turbulent
14 air.
15 △ ☿ ☾
16 Some rain, but
17 pretty mild and
18 warm.
19
20 Flying clouds.
21 ✱ ♃ ☾
22 Very windy and
23 stormy.
24 △ ☿ ☾
25 Cold days about
26 this time.
27
28 ✱ ☉ ☾
29 Windy and
30 warmer.
31 Rain at night.

November hath xxx days.

New Moon the 2 day, 9 min. past 5 at night.
First quarter the 10 day, 12 min. past 6 in the morn.
Full Moon the 16 day, 35 min. past 10 at night.
Last quarter the 24 day, 30 min. past 7 in the morn.

					Sun rising.		Sun setting.	
1	D	All Saints	Scorp.	5	7	35	4	25
2	e	All Souls		17	7	37	4	23
3	f	Cruc. anim.	Sagit.	0	7	39	4	21
4	g	Modestine		12	7	41	4	19
5	a	Powd. Treas.		25	7	43	4	17
6	b	23 after Trin.	Capr.	7	7	45	4	15
7	c	Willibrode		21	7	47	4	13
8	d	Claudius	Aquar.	4	7	49	4	11
9	e	Theodorus		17	7	51	4	9
10	f	Eraſtus	Piſces	1	7	52	4	8
11	g	Martin bish.		15	7	54	4	6
12	a	Sun in Sagit.		29	7	55	4	5
13	b	24 after Trin.	Aries	14	7	57	4	3
14	c	Erkenwald		29	7	58	4	2
15	d	Leopoldus	Taur.	13	7	59	4	1
16	e	Edmun. dep.		28	8	0	4	0
17	f	Anianus	Gem.	13	8	1	3	59
18	g	Octab. Mart.		27	8	2	3	58
19	a	Elizabeth	Canc.	11	8	3	3	57
20	b	25 after Trin.		24	8	4	3	56
21	c	Oblat. Mary	Leo	7	8	5	3	55
22	d	Cecilia virg.		20	8	6	3	54
23	e	Clemens	Virg.	2	8	7	3	53
24	f	Chryſolog.		14	8	8	3	52
25	g	Quind. Mart.		26	8	9	3	51
26	a	Conradus	Libra	8	8	10	3	50
27	b	Advent ſund		20	8	11	3	49
28	c	Term ends	Scorp.	2	8	12	3	48
29	d	Saturn. Faſt		14	8	12	3	48
30	e	Andr. Apoſt.		26	8	13	3	47

Four ſpecial vertues hath a Sop in Wine,
The teeth it maketh white, it clears the eyne,
It adds unto an empty ſtomach fulneſs,
And from a ſtomach fill'd it takes the dulneſs.

November 1670.

1 Indifferent till
2 the third day.
3 Cold wet and
4 windy.
5 A little milder.
6
7 ✶ ☉ ☾
8 Scarce
9 fair.
10 Snow or rain.
11 Some wind.
12 Craft. Mart.
13 △ ♃ ☾
14 Mild, but moiſt
15 and windy, if
16 not ſnow at
17 laſt.
18
19 △ ☿ ☾
20 △ ♀ ☾
21 △ ☉ ☾
22 □ ♀ ☾ wet
23 weather.
24 □ ☉ ☾
25 ✶ ♀ ☾
26 Temperate.
27 Like to freeze.
28
29 Windy.
30 Rain or ſnow.

December hath xxxi days.

New Moon the 2 day, 21 min. past 10 before noon.
First quarter the 9 day, 13 min. past 5 after noon.
Full Moon the 16 day, 10 min. past 11 before noon.
Last quarter the 24 day, 21 min. past 5 in the morn.

						Sun rising.		Sun setting.	
1	f	Eligius bish.	Sagit.	8	8	14	3	46
2	g	Candida		21	8	14	3	46
3	a	Castianus	Capr.	4	8	15	3	45
4	b	2 Sun. in Adv.		17	8	15	3	45
5	c	Sabina	Aquar.	1	8	15	3	45
6	d	Nicholaus		14	8	16	3	44
7	e	Agathon		28	8	16	3	44
8	f	Concep Mary	Pisces	12	8	16	3	44
9	g	Joachim		26	8	17	3	43
10	a	Eulalia	Aries	10	8	17	3	43
11	b	Sun in Capr.		24	8	17	3	43
12	c	Epimachus	Taur.	8	8	17	3	43
13	d	Lucy virg.		23	8	17	3	43
14	e	Ember week.	Gem.	7	8	17	3	43
15	f	Valerian		21	8	17	3	43
16	g	O Sapientia	Canc.	5	8	16	3	44
17	a	Lazarus		19	8	16	3	44
18	b	Ordination	Leo	2	8	16	3	44
19	c	Nemesius		15	8	15	3	45
20	d	Julius. Fast		28	8	15	3	45
21	e	Thomas Apo.	Virg.	10	8	15	3	45
22	f	Chiridonius		22	8	14	3	46
23	g	Victor bish.	Libra	4	8	14	3	46
24	a	Ad. & E. Fast		16	8	13	3	47
25	b	Christmas da.		28	8	12	3	48
26	c	S. Stephen.	Scorp.	10	8	11	3	49
27	d	S. John Eva.		22	8	10	3	50
28	e	Innocents da.	Sagit.	4	8	9	3	51
29	f	Tho. Becket		17	8	8	3	52
30	g	David king		29	8	7	3	53
31	a	Silvester	Capr.	13	8	6		54

Salt ſhould be laſt remov'd, and firſt ſet down,
At Table of a Knight or Countrey Clown.
Your ſtomach well to cloſe, this order ſuites,
Cheeſe after fleſh, Nuts after fiſh or fruits.

December 1670.

1 Cold ſtorms of
2 ſnow or rain
3 the fourth and
4 fifth milder.
5
6 Cold wind.
7 Increaſe of cold.
8
9 ☼ ☉ ☾
10 Cold abated.
11 ♎ ☉ ☾
12 Cold wind.
13 Fair.
14 Cloudy cool.
15 wind and
16 wet.
17 Milder.
18 Indifferent.
19 Wind and wet.
20
21
22 ♐ ♂ ☾
23 Wind or rain.
24 Fair and mild.
25
26 Some wind.
27 Clear air.
28 Overcaſt.
29 Storms and wind
30 theſe days.
31

The Regal Table in an exact Method.

The Year, Moneth, and Day, (accounting the Year to begin *Jan.* 1.) whereon every K. and Q. of *Eng.* since the Conq. began his Reign.			The number of Years, Monthes, & Days, that every K. & Q. reigned 28 days to a moneth.				The numb. of y. expired in this y. since they began to reign: as also since they ended.	
K. W Conq.	1066	Octob. 14	20 y	11 m	22 d	1604		
W. Rufus	1087	Sept. 9	12 y	11 m	18 d	583	W. Conq.	
Henry 1	1100	Auguſt 2	35 y	4 m	11 d	570	W. Rufus	
Stephen	1135	Decem. 1	18 y	11 m	18 d	535	Henry 1	
Henry 2	1154	Octob. 25	34 y	9 m	2 d	516	Stephen	
Richard 1	1189	July 6	9 y	9 m	0 d	481	Henry 2	
John	1199	April 6	17 y	7 m	0 d	471	Richard 1	
Henry 3	1216	Octob. 19	56 y	1 m	0 d	454	John	
Edward 1	1272	Nov. 16	34 y	8 m	6 d	398	Henry 3	
Edward 2	1307	July 7	19 y	7 m	5 d	363	Edward 1	
Edward 3	1327	Jan. 25	50 y	5 m	7 d	344	Edward 2	
Richard 2	1377	June 21	22 y	3 m	14 d	293	Edward 3	
Henry 4	1399	Sept. 29	13 y	6 m	3 d	271	Richard 2	
Henry 5	1413	Mar. 20	9 y	5 m	24 d	257	Henry 4	
Henry 6	1422	Aug. 31	38 y	6 m	16 d	248	Henry 5	
Edward 4	1461	March 4	22 y	1 m	8 d	210	Henry 6	
Edward 5	1483	April 9	0 y	2 m	18 d	187	Edward 4	
Richard 3	1483	June 22	2 y	2 m	5 d	187	Edward 5	
Henry 7	1485	Aug. 22	23 y	10 m	24 d	185	Richard 3	
Henry 8	1509	April 22	37 y	10 m	2 d	161	Henry 7	
Edward 6	1547	Jan. 28	6 y	5 m	19 d	124	Henry 8	
Q. Mary	1553	July 6	5 y	4 m	22 d	117	Edward 6	
Q. Elizab.	1558	Nov. 17	44 y	4 m	15 d	112	Q. Mary	
K. James	1603	Mar. 24	22 y	0 m	3 d	68	Q. Elizabeth	
Charles 1	1625	Mar. 27	22 y	10 m	3 d	45	K. James	
Charles 2	1649	Jan. 30	Long live the King			21	Charles 1	

The uſe of this Table in Example.

King *Henry* 8 began his reign in the year of *Chriſt* 1509, *April* 22. He reigned 37 years 10 moneths and 2 days. It is ſince he began his reign 161 years compleat the 22 of *April* in this year 1670. Now to know the time ſince the end of his Reign, before his name ſtanding on the right hand, you ſhall there find 124 years ſince he died, *January* 28. And ſo of the reſt.

POND
MDCLXX.

The latter part of this ALMANACK for the year of our LORD GOD 1670.

Being the second after Leap-year, and from the Conquest of *William* Duke of *Normandy* 604 years.

Frigidus & siccus Satur. Jup. *æstuat udus.*
Mars *&* Sol *sicci fervent: sed* Luna Venúsque
Uda frigescunt: medius Cyllenius *esto.*

Poma dat Autumnus: formosa est messibus Æstas:
Ver præbet flores: igne levatur Hyems.

CAMBRIDGE,
Printed by *John Hayes* Printer to the *University.* 1670.

The Anatomy of Mans body, as the parts thereof are governed by the twelve Signs.

Brief Rules of Husbandry.

PLant and graff the Moon increasing in *Taurus*, or *Aquarius*, the wind not Eastern ly.

Fell timber from Midsummer till Christmas, the Moon increasing.

Fell Coppice and Fewel, the Moon in the first quarter.

Cut your Vines in February or March.

Geld Cattel the Moon in *Aries*, *Sagittarius*, or *Capricorn*.

Remove trees, the Moon at the last quarter in November.

Shear sheep, and cut hair to grow the Moon increasing.

To keep hair safely from falling untimely.
Hot scalding baths deny, haste wanton company,
Abstain from Venery, purge choler warily.
Let thee blood needfully, surfet not willingly.

A true Computation of some things memorable.

Since

The World began	5673
Noah's Floud.	4017
The birth of *Abraham*	3665
The birth of *Isaac*	3565
The birth of *Jacob*	3506
The birth of *Joseph*	3414
Joseph was sold by his brethren	3396
Jacob went down into *Egypt*	3374
Moses was born	3240
The giving of the Law upon *Mount Sinai*	3160
Moses died	3120
David began to reign	2724
Solomon began to build the Temple	2681
Nebuchadnezzar burnt it	2257
Zorobabel began again to build it	2189
The building of the Tower in *London*	2087
Alexander the Great died	1953
The building of *Cambridge*	1970
Julius Cæsar conquered *Britain*	1 23
The destruction of *Jerusalem* by *Titus*	1600
S. *John* wrote his Revelation	1575
Lucius the first Christian King began	1491
Constantine first Christian Emperour began	1346
Cambridge was made an University	1035
The first Mayor of *London*	480
The invention of Guns	290
The invention of Printing	221
Tilbury Camp on S. *James* his day	82
The Powder Treason, *Novemb.* 5.	65
The beginning of the Great Frost, *Novemb.*	63
The fall of Black-Friars in *London*	47

That sad and lamentable Fire in *London*, which burnt down to the ground 87 Parishes within the walls, and much building without, so that no age can parallel the same: it burned *Sept.* 2, 3, 4, 5 days.

Note, that on the 30 of *January* the 22. year of our Royall K. *Charles* the second, beginneth. Whom God preserve. *Amen.*

Certain

Certain Obſervations concerning the Sun, Moon, Earth, Seas, and Conſtellations.

IT is a certain rule that when the Moon toucheth upon the Ecliptick line, either more or leſs, then doth ſhe really looſe her light, either totally or in part, according to the quantity of her latitude.

For if the true latitude of the Moon at her Full (as we vulgarly call it) be more than the Semidiameter of the body of the Moon, and the ſhadow of the earth to the Moon, then cannot the Moon be eclipſed in any part; but if leſs, it may.

And again, if the viſible latitude of the Moon, at her Conjunction with the Sun, or Change, be more than the viſible Semidiameters of both the bodies of the Sun and Moon; then cannot any part of the light of the Sun be eclipſed from us.

Alſo it is moſt certain, that the Moon hath no light in her own body, but onely that which ſhe borroweth from the Sun. Therefore, whenſoever the ſolid body of the earth ſhall be interpoſed betwixt the bodies of the Sun and the Moon (which cannot be at any time but onely at their oppoſitions, which is called the Full Moon) then muſt ſhe of neceſſity be eclipſed, and looſe ſo much of her borrowed light, as the earth doth ſhadow from her body.

The compaſs of the earth is 21600 miles. And let me adviſe all thoſe, who will not be perſwaded to believe that the earth and ſeas are contained in a Globe, or round form as a Ball, to behold an eclipſe of the Moon, wherein they ſhall ſee the ſhadow of the earth and ſeas to be round. For every ſhadow appeareth in the true form of the ſubſtantial body from whence the ſhadow cometh: But the ſhadow which cometh from the ſubſtantial body of the earth and ſeas (upon the Moon at an eclipſe) appeareth round; Therefore the ſubſtantiall body of the earth and ſeas is round.

Moreover,

Moreover the Zodiack is a Circle, within the compass whereof are twelve Constellations of Stars, mentioned in the book of *Job* (Chap. 38. v. 32.) by the name of *Mazzaroth*, called of us the twelve Signs. And each of those Signs is divided into 30 degrees or equal parts (which make 360 degrees in the total) and every degree is subdivided into 60 equal parts, called minutes.

Within the Zodiack, the Moon maketh her Period or Revolution, in 27 days, 7 hours, 43 minutes and an half. And she continueth her motion in one of those twelve Signs,

according to her { Mean Motion, 2 days, 6 hours and 33 min.
Slow motion, 2 days, 16 hours
Swift motion, 1 day, 23 hours and 40 min.

Remember { 60 minutes, makes one hour.
45 minutes, three quarters of an hour.
30 minutes, half an hour.
15 minutes, a quarter of an hour.

Of the Eclipses this Year.

ALthough there be four Eclipses this Year, yet there will but one of them be visible to us in *England*, and that's an Eclipse of the Moon on the nineteenth day of *September*.

It beginneth with us at *Walden* at 18 minutes past one of the clock in the morning. The middle of it is near three quarters of an hour past two: and the end will be eleven minutes past four. So that the whole time (from first to last) is two hours and 53 minutes.

And note, that the parts or digits eclipsed will be nine, with about 33 minutes more: the Sun being then in the sixth degree of *Libra*, and the Moon in the sixth degree of *Aries*.

Of the four quarters of the year.

The *Vernal* quarter derives his name *à virendo*, from flourishing; *quia tunc omnia virent & florent*, because all things then flourish: this being the first quarter in the year, as appeareth by the old distich.

Omnia cùm vireant, tunc est nova temporis ætas:
Sic annus per Ver incipiendus erit.

This quarter beginneth *March* the 10th, 3 minutes past 5 in the morning, the Sun then entring into the first degree of *Aries*, producing the first *Equinox*; and continueth this year till *June* the 11: in which time the Sun runneth through *Aries*, *Taurus*, & *Gemini*. It is a Quarter naturally (though accidentally it sometime prove otherwise) hot and moist, resembled to the Meridian-region of the world, the South-wind, the Air, the Sanguine complection, and to infancy. The ordinary diseases (according to the common course) of this quarter, be Leprosies, Red-spots, Feavers of blood, small pox, with other infirmities proceeding of blood.

The *Æstival* quarter is next. It beginneth *June* the 11th, 50 minutes past 7 in the morning: and continueth till *September* the 12: during which time the Sun runneth through these three celestial Signs; viz. *Cancer*, *Leo* and *Virgo*. It deriveth the name *ab æstu*, from the exceeding heat which useth to be now, as also our English word Summer doth: for it is called summer, *quasi* sun mehr, as the *Germans* speak; that is, *plus solis*, because we have most of the sun then, than at any other time.

This quarter is naturally hot and dry, resembled to the Oriental region of the world, to the East, to Cholier, to Youth. The sicknesses agreeing hereunto be

Sto-

Stomach-aking, Apoſthumes, peſtilent Feavers, Jaundiſe, with other infirmities proceeding of choler, According to the *Arabians* this is the firſt quarter of the year, who hold that the Sun was made in *Leo*: and their reaſon is, becauſe the *Lion* is the houſe of the *Sun*. *Mercator* in his Chronologie is of the ſame minde, but backs his opinion very weakly.

The *Autumnal* quarter beginneth the 12th of *September*, about eleven a clock at night, the Sun then entring into the firſt degree of *Libra*, producing the ſecond *Equinox*; and continueth till the 11th of *December*: in which time the Sun runneth through *Libra*, *Scorpio*, and *Sagittarius*.

This quarter the *Jews* own for the firſt quarter of the year: and their reaſon is, *quia tempus eſt fructuoſum*, becauſe it is a time of fruit; according to that in the Scripture, *Et protulit terra herbam virentem faciendem fructum juxta genus ſuum*, And the earth brought forth the green herb yeelding fruit according to its kind. It is a quarter naturally cold and dry, reſembled to the Septentrional-region of the world, to the North wind, to the Earth, to Melancholy, and to the declining age of man. The diſeaſes properly incident to it be paine in the back, darkneſs of ſight, retention of urine, alſo the canker, fiſtulaes, emrods, with other infirmities proceeding of melancholy.

The *Hyemal* or Winter quarter (being naturally cold & moiſt, reſembled to the Occidental-region of the world, to the weſt, to water, to flegm, and to old age) beginneth on the 11th of *December*, 49 minutes paſt 10 in the forenoon, the Sun then entring into the firſt degree of *Capricorn*; and continueth till the 10th day of *March*: in which time the Sun runneth through their three celeſtial ſigns, viz. *Capricorn*, *Aquarius*, and *Piſces*.

This quarter, though not accounted the laſt, yet by *Numa Pompilius* it was accounted the firſt, and that

Of the four quarters of the year.

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Stomach-aking, Apostbumes, pestilent Feavers, Jaundise, with other infirmities proceeding of choler, According to the *Arabians* this is the first quarter of the year, who hold that the Sun was made in *Leo*: and their reason is, because the *Lion* is the house of the *Sun*. *Mercator* in his Chronologie is of the same minde, but backs his opinion very weakly.

The *Autumnal* quarter beginneth the 12th of *September*, about eleven a clock at night, the Sun then entring into the first degree of *Libra*, producing the second *Equinox*; and continueth till the 11th of *December*: in which time the Sun runneth through *Libra*, *Scorpio*, and *Sagittarius*.

This quarter the *Jews* own for the first quarter of the year: and their reason is, *quia tempus est fructuosum*, because it is a time of fruit; according to that in the Scripture, *Et protulit terra herbam virentem faciensem fructum juxta genus suum*, And the earth brought forth the green herb yeelding fruit according to its kind. It is a quarter naturally cold and dry, resembled to the Septentrional-region of the world, to the North wind, to the Earth, to Melancholy, and to the declining age of man. The diseases properly incident to it be pains in the back, darkness of sight, retention of urine, also the canker, fistulaes, emrods, with other infirmities proceeding of melancholy.

The *Hyemal* or Winter quarter (being naturally cold & moist, resembled to the Occidental-region of the world; to the west, to water, to flegm, and to old age) beginneth on the 11th of *December*, 49 minutes past 10 in the forenoon, the Sun then entring into the first degree of *Capricorn*; and continueth till the 10th day of *March*: in which time the Sun runneth through these three celestial signs, viz. *Capricorn*, *Aquarius*, and *Pisces*.

This quarter, though not accounted the last, yet by *Numa Pompilius* it was accounted the first, and that

for this reason; *quia tunc Sol ad nos ascendere incipit*; because the Sun then begins to ascend the Ecliptick: whence the Poet, *Ovid* by name,

Brúma novi prima est veterisque novissima solis:
Principium capiunt Phœbus & Annus idem.

The diseases incident to this quarter be commonly pushes in the face, tooth-ach, scabs, fluxes of blood by the inferiour parts, palsies, gouts, with other diseases proceeding of flegme.

A brief, plain, and true description of the four Elements, their Nature and Situation in Mans Body, called the four Complexions, with their Diseases incident.

As also the Natural causes of Aiery Meteors, as 1. *Blastings.* 2. *Dew.* 3. *Ice.* 4. *Rain.* 5. *Snow.* 6. *Hail.* 7. *Wind.* 8. *Shooting-stars.* 9. *Blazing-stars.* 10. *Fiery Impressions.* 11. *Thunder.* 12. *Lightning.* 13. *and the Rainbow.*

THere are 4 Elements (*viz.*) Fire, Air, Water, Earth. The fire is hot and dry, very light, aspiring, Bright and clear, placed above the Air, *&c.* The Air is hot and moist, ascending, light, clear, and by his heat joyned to the Fire; and by his moisture, to the Water. The Water is cold and moist, descending, weighty and mixt: by his moisture joyned to the Air; and by his coldness to the Earth. The Earth is cold and dry: falling heavy and thick; the lowest of the four Elements placed in the very Centre or middle of the Heavens, as of nature most contrary to them. These four Elements are the Simples, whereof all things (under the Moon) are made, compounded and mixt.

As in our Bodies we may see full plain,
That Fire and Air invital spirits raign.

The

The Fleſh is Earth, the Humours waters be:
ſo in the Bloud, the loweſt in degree
Is Melancholy, earthy, ſeldom good;
And in the midſt like Air ſwims pureſt bloud.
Next watry Phlegm, and on the top there bubbles
that Fiery Choler, which ſo many troubles.
This hot-braind Choler quartern Ague breeds,
and Hectick Fever, when drineſs exceeds.
So moiſtures exceſs makes Dropſie his Page,
and hoary-fleec'd coldneſs ſummons old age.
So in the Air by vertue of Heavens light,
are Meteors bred apparent to our ſight;
As in a bottle-glaſs, a flame combin'd,
whoſe mouth in water ſtands, leaves nought behind,
But forceably this humour up exhales,
and there it hangs, within the glazen walls:
Right ſo the Sun two ſorts of vapours draws
from flowry fields, and from the waving ſaws;
The one is thin, pure, nimble, burning, dry,
th' other hot and moiſt, riſing heavily;

1. But if ſo thin a vapour elevate
as unto water cannot be tranſlate,
Then falls a mildew, black and miſty blaſt,
which on the herbs and flowers hangeth faſt.
2. If ſcarce to mid-heaven ſlowly it doth riſe,
3. In Spring tis dew, in Winter turn'd to Ice;
4. If actively in th' Air it ſeeks to ſhrowd,
by cold this Water's turn'd into a cloud,
Which on the winged winds then flies amain,
and once diſſolv'd then poureth down the rain.
5. Sometimes the cloud congeal'd with freezing Cold,
throws locks of ſnow white wool amongſt the fold.
6. Sometimes again, th' exceſſive cold aloft
to Hail-ſtones turns the drops of rain full oft.
7. When Stars from earth draw fumes both hot and dry,
which into *Phœbus* lap do ſeek to flie:

Then lofty freezing cold makes them retire,
and from the fields there fumes another fire,
Which ſtops their courſe, and drives them back again;
thus driving here and there, in th' air remain:
So that this vapour taking little reſt,
moves circled-wiſe, from North, Eaſt, South and (Weſt.
8. Likewiſe hot fumes exhal'd in th' air above,
of ſubſtance thick, like glue, unapt to move;
Hov'ring aloft, until it kindled flies,
even like a Squib appearing to our eyes:
Which ſhooting Stars ſome men do fondly call,
as though thoſe heavenly Lamps from heaven could (fall.
9. But if this fume an higher place doth take,
Lightning it ſelf, a Blazing-ſtar doth make;
The which in burning longer doth endure,
fore-dooming vengeance for our lives impure.
10. In divers ſhapes ſometime it doth appear,
as like a Dragon, Goat, a Torch, or Spear.
11. But vapours hot and dry with moiſture mixt,
exhal'd and folden in a Cloud there fixt,
Suppreſt with heat and moiſture break aſunder,
and make a roaring noiſe, which we call Thunder.
12. Forth of whoſe crazed ſides burſt fiery flaſhes,
whoſe Lightning flames through th' air moſt ſwiftly (daſhes.
13. And on a watrie Cloud if Sun doth ſhine,
the Rain-bow then appears, Gods heavenly ſigne.

Neceſſary

Neceſſary notes for convenient times to ſet, ſowe, plant, graft, and to cut down Timber.

THe convenienteſt time to ſet, ſow, plant, graft, and ſuch like, having regard to the ſeaſons of the year, are when the Moon is in *Taurus*, *Virgo*, *Capricornus* or *Piſces*, and that between the Change and the Full.

You may ſowe ſeeds, eſpecially in Gardens, between the Change and the Full, when the Moon is in *Virgo*, *Sagittarius* or *Piſces*.

Set or ſow ſuch ſeeds, as the fruit will be round: that is, Onyons, Turneps, Cabages, and ſuch like, three or four days before the Full.

Sow or ſet ſuch ſeeds or herbs as you would have bring ſeed for ſtore, every New Moon from *February* until *June*.

If you remove any trees, or will plant them that are young, it is beſt doing of it in the laſt Quarter of the Moon, ſhe having her courſe in *Taurus*, or *Capricornus*, and eſpecially in the moneths of *February* and *September*.

If you will cut Vines, do it when the Moon is in *Aries*, *Libra*, or *Scorpio*: and that in *February*, *March*, *September* or the beginning of *October*.

When you will cut down trees for Timber to build withal, do it towards the end of the laſt Quarter of the Moon: and chiefly when ſhe is in *Aquarius* or *Piſces*.

If you will cut wood to burn, and would have the Stock to grow ſoon again: do it in the firſt Quarter of the Moon, and when ſhe is either in *Aries* or *Libra*.

Ye may geld or cut Beaſts and Cattel, from the laſt Quarter unto the Change of the Moon: and eſpecially when ſhe hath her courſe in *Aries Sagittarius*, or the ſign *Capricorn*;

How to deſtroy all Vermine that annoy or hurt your Gardens.

THere is a ſmall worm called a Catterpiller, which uſeth to ſuck the ſap from your herbs or flowers, and let alone undoubtedly killeth them: to deſtroy this worm, take aſhes, brr. ken-beer, or urine mixt together, and take either a bruſh or green broom, and daſh this mixture upon the leaves before the Sun come upon them, and it killeth the Catterpiller (as ſome ſay) immediately.

The next is the Mole, who is much hindred from coming in your ground or Garden, if you ſet ſome *Palma Chriſti*, Garlick, and Onyons there: for the ſmell or ſent of theſe is as bad as poyſon to the Mole.

And whereas the Worm is a great deſtroyer of ſmall kernels and ſeeds, take Cows dung, firſt burn it, and apply it after this manner, *viz.* lay it next under your ſeeds, then lay ſmall moulds reſerved for the purpoſe upon your ſeeds, and you ſhall find that this will do your ſeeds much good, and alſo deſtroy or prevent the Worms.

Next is the Canker, a filthy deſtroying Worm both to leaves and herbs: you may kill him thus, *viz.* take Hens dung, or Gooſe dung, and ſteep it in urine; then caſt it over your beds, and you ſhall find the effect deſired.

The Snails, you may deſtroy them thus: Take ſoot and caſt it over your beds, and this will kill them.

The next are Gnats they muſt be deſtroyed or driven away by burning the litter which you take from your horſes or wet mouldy hay, ſmoking it (morning and evening) about your Garden.

There are other flies alſo very hurtful, and the way to be rid of them, is to take Vineger, Garlick and Onyons: ſeethe them all together, and every morning daſh a little of that liquour over your herbs or flowers, and you

you shall find that they will neither light on them, nor come near them: if you will you may put in some Urine, and it will perform your desire as well.

And as for Ants, the way to kill them is this; take unslaked lime, and hot water, and cast about your Garden, and it will destroy them.

The vertues of Clove-Gilliflowers as they be set down by Mr Culpeper *in his* English Physician.

THey are gallant fine temperate flowers, of the nature and under the dominion of *Jupiter*; yea, so temperate, that no excess, neither in heat, cold, driness, nor moisture can be perceived in them. They are great strengtheners both of the Brain and Heart, and will therefore serve either for Cordials, or Cephalicks, as your occasion is. There is both a Syrup and a Conserve made of them: to take now and then a little of either, strengthens Nature much, to such as are in Consumptions. They are also good in hot Pestilential Fevers, and expel poyson.

A Medicine for the Gout.

The roots of Comfry taken fresh, beaten small, and spread upon leather, and laid upon any place troubled with the Gout, doth presently give ease of the pains, as by often experience hath been found. It is good also for pains in the joynts, Gangrens, and is very profitable for running and moist ulcers.

A Medicine for a Boyl.

The herb Balm is an herb of *Jupiter*, and under *Cancer*. This herb, if it be bruised and boyled in a little Wine and Oyl, and laid warm on a Boyl, it will ripen and break it.

A Medicine good to cure many pains of which some people do often complain.

TAke an Oyl made of the Berries of the Bay-tree, which you may have at the Apothecaries, and therewith anoint the place grieved: for it is very comfortable in all cold griefs of the Joynts Nerves, Arteries, Stomach, Belly or Womb; and helpeth Palsies, Cramps, Convulsions, Aches, Trembling and Numbness in any part; weariness also and pains that come by sore travelling.

A Medicine for Womens Breasts.

Bean-flower made into a Pultis is good to asswage inflammations rising upon Wounds, and to help the swellings of Womens Breasts caused by the curdling of their milk, *&c.*

Good against Worms.

The seed of Purslane bruised and boiled in White-Wine, and given children to drink, driveth out the Worms. Or to purge them with Aloes, is also very good, as most Mothers know.

Good against Chilblains.

Take the common white Beet, and boyl the leaves in fair water: then take and lay them upon the Kibes or Chilblains, and it will help them.

Good against the Itch.

The leaves of the Bramble or Black-berry-bush boiled in Lie, and the Head washed therewith, healeth the Itch, and the running sores thereof, but will die the hair into a black, or at the least make it blacker then it was before.

For the Ague.

The Decoction of the leaves and seeds of St *John-wort*, being drunk somewhat warm before the fits of either Tertians or Quartans, helpeth much, if used often.

A plain and easie table shewing the true interest due upon any sum of money from five shillings to an hundred pounds for a year or under, after the rate of six pounds in the hundred.

	1 Mon.			3 Mon.			6 Mon.			9 Mon.			A year.		
	sh.	*p.*	*q.*	*sh.*	*p.*	*q.*	*sh.*	*p.*	*q.*	*sh.*	*p.*	*q.*	*sh.*	*p.*	*q.*
5	0	0	1	0	0	3	0	1	3	0	2	2	0	3	2
10	0	0	2	0	1	3	0	3	2	0	5	2	0	7	0
15	0	0	3	0	2	2	0	5	1	0	8	0	0	10	2
1	0	1	0	0	3	2	0	7	0	0	10	2	1	2	1
2	0	2	1	0	7	0	1	2	1	1	9	1	2	4	2
3	0	3	2	0	10	2	1	9	1	2	7	3	3	6	3
4	0	4	3	1	2	1	2	4	2	3	6	3	4	9	0
5	0	6	0	1	6	0	3	0	0	4	6	0	6	0	0
6	0	7	0	1	9	2	3	7	0	5	4	2	7	2	1
7	0	8	1	2	1	0	4	2	1	6	3	1	8	4	2
8	0	9	2	2	4	2	4	9	1	7	1	3	9	6	3
9	0	10	3	2	8	1	5	4	2	8	0	3	10	9	0
	p.	*sh.*	*p.*	*p.*	*sh.*	*p.*	*p.*	*sh.*	*p.*	*p.*	*sh.*	*p.*	*p.*	*sh.*	*p.*
10	0	1	0	0	3	0	0	6	0	0	9	0	0	12	0
20	0	2	0	0	6	0	0	12	0	0	18	0	1	4	0
30	0	3	0	0	9	0	0	18	0	1	7	0	1	16	0
40	0	4	0	0	12	0	1	4	0	1	16	0	2	8	0
50	0	5	0	0	15	0	1	10	0	2	5	0	3	0	0
60	0	6	0	0	18	0	1	16	0	2	14	0	3	12	0
70	0	7	0	1	1	0	2	2	0	3	3	0	4	4	0
80	0	8	0	1	4	0	2	8	0	3	12	0	4	16	0
90	0	9	0	1	7	0	2	14	0	4	1	0	5	8	0
100	0	10	0	1	10	0	3	0	0	4	10	0	6	0	0

Shill. | Pounds. | Tens of Pounds.

A perpetual Table to find the Epact, if you know the Golden Number.

The Golden number.	The Epact.	The Golden number.	The Epact.	The Golden number.	The Epact.
1	11	8	28	14	4
2	22	9	9	15	15
3	3	10	20	16	26
4	14	11	1	17	7
5	25	12	12	18	18
6	6	13	23	19	29
7	17	0	0	0	0

The use of the Table.

The use of this Table is thus; The Golden number for the year in which thou wouldest find the Epact, being known, enter this Table with it, and right against it (in the column or space on the right hand of the Golden number) is set the Epact.

Example.

This present year 1670, the Golden number is 18; with which I enter this Table in that space for the Golden number where I may find 18: and in the next space on the right hand under the title, (The Epact) I find 18 right against my former 18: by which I conclude that the Epact this year is 18.

Another Example.

In the next year, *viz.* 1671, the Golden number is 19, wherewith I enter the Table, and find that the Epact then will be 29.

And note that the Golden number increaseth one every year, until it come to 19; and after 19 it beginneth at one, and so goeth on till 19 years more be ended: so that but knowing the Golden number in any one year, by adding 1, you may easily know it ever after.

Of

Of many and ſundry Fairs in *England*, as they have heretofore been ſet forth by others, and are now continued for the common good.

January.

THe 5 day at Hicketford in Lancaſhire: the 6 day at Salisbury: the Thurſday after at Banbury: the 25 at Graveſend, Briſtol, Churchingford, Northallerton in Yorkſhire every Wedneſday from Chriſtmas until June.

February.

The firſt day at Bromly in Lancaſhire: the 2 day at Reading in Barkſh. Maidſtone, Bickleſworth, Beckleſfield, Bath, Lin, Bugworth: the 3 day at Brogrove: on Valentines day at Owndle in Northamptonſhire, Feverſham: the 24 day at Henly upon Thames, Baldock, on Aſhwedneſday at Royſton, Dunſtable, Eaton, Tamworth, Tunbridge, Lichfield, Exceter, Ciceter: the firſt Thurſday in Lent at Banbury.

March.

The 3 day at Bromwel-braks in Norfolk: the 4 at Bedford: the 12 at Alſome in Norfolk, Sudbury, Wooburn: the 13 at Wye, Bodwin in Cornwall: the 20 at Durrham: the Monday before our Lady day at Kendal, Wisbich: the 25 day at Huntington, Northampton, Malden, Aſhwel in Hartfordſhire, Newcaſtle: Midlent at Saffronwalden in Eſſex: Goodfriday at Norwich: Palmſunday-eve at Wisbich, Worceſter, Pomfret.

April,

Eaſter-monday at Oney in Bedfordſh. Gainsborough: Eaſter-tueſday at Daintry in Northamptonſh. Godmonchester.

cheſter, Schole in Norfolk, S. Edmonds bury: on Wedneſday at Wellingborough in Northamptonſh. on Friday in the ſame week at Darby: on Saturday at Bickleſworth: the 21 at Hitchen, Rochford, Northfleet: the 7 at Darby: the 9 at Billingſworth, Bickleſworth: the 22 at Stabford: the 23 at Ipſwich, Harbin in Norfolk, Northampton, Sapſar in Hartfordſh. Charing, Hinningham, Tamworth, Bury in Lancaſhire, S. Pombs in Cornwall: the 27 at Dunmow in Eſſex, Oakham in Rutlandſhire, Buckingham, Darby: the 29 at Tenderden in Kent, Cleet: the 30 at Beverly a week together.

May.

The firſt day at Haveril in Eſſex, Layton-buzzard in Huntingtonſh. Rippon in Yorkſh. Reading, Maidſtone, Tuxford in the clay: the 3 at Elſtow in Bedfordſh. Nouceaton in Warwickſh. Thedford in Norfolk, Chelmsford in Eſſex, Waltham-Abby, Hinningham, Rochdale, Bramyard: the 7 at Newton in Lancaſhire, Beverly, Oxford: the 10 at Rocheſter, Dunſtable, Magfield in Suffolk: on Rogation-monday at Reach: on Aſcenſion-day at Thaxted, Beverly, Rippon, Sudminſter, Biſhopſtratford, S. Eedes, Wickam in Lancaſhire, Middlewich in Cheſh. Chappel-frith in Darbyſhire: on Whitſun even at Skipton in Craven: on Whitſun-monday at S. Ives, Rygate in Surrey, Bickleſworth, Bradford, Agmunſham in Buckinghamſh: on Whitſun-tueſday at Newmarket: on Wedneſday at Royſton: on Thurſday at Owndle in Northamptonſhire: the 26 day at Lenham: the 29 at Crainbrook.

June.

On Trinity-eve at Rowel, Kendal: on Corpus Chriſti at Banbury, Biſhops-ſtratford, S. Eedes, Coventry, Newbury: the 9 at Maidſtone: the 11 at Breme in Norfolk, Bardfield in Eſſex: the 17 at Hadſtock: the 23 at S. Albans

5. Aſbans, Deerham in Norfolk, Shrewsbury; the 24 at Halſon in Suffolk, Barnwel beſide Cambridge, Bedford, Colcheſter, Rumford, Reading, Windſor, Halifax, Hartford, Beverly, Haſlingden; the 26 at Briſtol, Darby; the 27 at Burton upon Trent, Folſtone: the 28 at S. Pombs in Cornwal: the 29 at Peterborough, Aſhwel, Sudbury, Stebbing in Eſſex, Benington in Hartforſhire.

July.

The 1, 2, and 3 days at Congleſtone in Cheſh. the 7 at Royſton, Burntwood: the Monday after at Fodringham: the 11 at Patney for horſes: the 20 at Uxbridge, Coolidge, Woodſtock, Barkway: the 22 at Ickleton, Bickleſworth, Norwich, Colcheſter: the 25 at Audlyend beſide Walden, Reading.

Auguſt.

The firſt day at Bedford, S. Eedes, Dunſtable, Feversham, Wisbich, Bickleſworth, Stoniſtratford: the 10 at Blackamore, Harply in Norfolk, Thaxted in Eſſex, S. Ives, Bedford, Banbury, Farnham, Brainford: the 15 at Cambridge, Huntington, Dunmow, Linton, Northampton: the 24 at London, Sudbury, Norwich, Oxford, Northalerton, Dover, Beggers buſh, Burton: the 29 at Halſon in Suffolk, Harlow-buſh in Eſſex, Watford.

September.

The firſt day at S. Giles in the buſh, on Thurſday and Friday next before the 8 day at Sandbach in Cheſh. the 7, 8, 9, and 10 days at Woodbury hill in Dorſetſh. the 7 at Ware: the 8 at Huntington, Bury in Lancaſh. Partney, Wakefield, Northampton, and Sturbridge fair belonging to Cambridge begins: the 14 at Rippon for horſes, Waltham Abbey, Cheſterfield in Darbiſh. Richmond: the 21 day at Marleborough, Bedford, Baldock, Edmonds bury, Holden in Holderneſs, Braintry, Brack-

lymaiden,

Iymaiden, Malden: the 29 at S. Ives, Basingstoke, Market deeping, Shelford in Bedfordshire, Bishopstratford, Malden for horses, Stow in Lincolnshire, Thursday after at Banbury.

October.

The second at Salisbury: the 6 at Havent in Hampsh. Maidstone, Coolidge, Gayworth by Lin, S. Faiths: the 8 at Bishopsstratford, Harborough: the 9 at Gainborough in Lincolnshire: the 13 at Windsor, Colchester, Gravesend: the 18 day at Ely, Bishopshatfield, Barnet, Banbury, Thirst, Burton on Trent: the 21 day at Saffron-Walden: the 23 at Bicklesworth: the 28 at Newmarket, Dis in Norfolk, Wakefield, Richdale in Lancashire.

November.

The first day at Chelmesford: the 2 at Epping, Kingstone on Thames, Padamhasson in Suffolk: the 6 day at Newport-pond, Bedford, Hartford: the 11 at Lodden in Norfolk, Lenton in Nottinghamshire, Hempton in Norfolk, Folkingham in Lincolnshire, Bridgstock in Northamptonsh. Marleborough; the 17 at Spalding in Lincolnshire, Harlow, Lincoln, Hide, Northampton: the 19 at Horsham in Kent: the 20 at S. Edmondsbury, Ingerstone in Essex, Heath: the 23 at Sandwich: the 29 at Baldoc, Bareford, Colingborough, Maidenhead, Warfington, Rochester.

December.

The 5 at Pluckly: the 6 at S. Eedes, Woodstock, Spalding, Norwich in Cheshire, at Exceter, Senock in Kent, Arundel, Grantham: the 7 at Sandhurst: the 8 at Northampton, Clitheral in Lancashire, Huntington, Malpas in Cheshire: the 29 at Canterbury, Salisbury.

FINIS.